

VLC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 07:15 until 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Kozulya Mila

Coaches: Smeets Mirthe

Coaches: Broux Yves

Coaches: Collen Rutger

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:2, starttime: 08:32

Heat: 2/31 Lane : 2 Athlete: BERGHMANS LAUREN Q-time: 01:17:69

PB (50m pool): 01:17.69 Genk 01/02/2026 PB (25m pool): 01:17.84 SB: 01:17.69 Genk 01/02/2026

	50 M	100 M	
PB	00:37.44	01:17.69	
	<i>00:37.44</i>	<i>00:40.25</i>	
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:7, starttime: 08:41

Heat: 7/31 Lane : 5 Athlete: CUYPERS MANON Q-time: 01:12:10

PB (50m pool): 01:13.81 Mönchengladbach 23/03/2025 PB (25m pool): 01:12.10 SB: 01:15.53 Genk 01/02/2026

	50 M	100 M	
PB	no time	01:13.81	
	<i>no time</i>		
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:7, starttime: 08:41

Heat: 7/31 Lane : 6 Athlete: RATSITSKA IRINI Q-time: 01:12:30

PB (50m pool): 01:14.43 Genk 01/02/2026 PB (25m pool): 01:12.30 SB: 01:14.43 Genk 01/02/2026

	50 M	100 M	
PB	00:35.38	01:14.43	
	<i>00:35.38</i>	<i>00:39.05</i>	
	

Coach feedback:

VLC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

Event number: 6: 100M FREESTYLE WOMEN 13+		Heat:13, starttime: 08:51	
Heat: 13/31 Lane : 2 Athlete: DREESSEN LYANA		Q-time: 01:09:67	
PB (50m pool): 01:12.11 Genk 01/02/2026		PB (25m pool): 01:09.67 SB: 01:12.11 Genk 01/02/2026	
	50 M	100 M	
PB	00:35.22	01:12.11	
	00:35.22	00:36.89	
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 13+		Heat:21, starttime: 09:04	
Heat: 21/31 Lane : 5 Athlete: HABRAKEN AMBER		Q-time: 01:06:53	
PB (50m pool): 01:07.45 Antwerpen 13/07/2025		PB (25m pool): 01:06.53 SB: 01:11.33 Genk 01/02/2026	
	50 M	100 M	
PB	00:32.17	01:07.45	
	00:32.17	00:35.28	
	

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:7, starttime: 09:35	
Heat: 7/26 Lane : 5 Athlete: THOELLEN SIMON		Q-time: 01:32:95	
PB (50m pool): 01:32.95 Genk 01/02/2026		PB (25m pool): 01:35.82 SB: 01:32.95 Genk 01/02/2026	
	50 M	100 M	
PB	00:44.00	01:32.95	
	00:44.00	00:48.95	
	

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:9, starttime: 09:39	
Heat: 9/26 Lane : 6 Athlete: CUYPERS MAXIME		Q-time: 01:30:28	
PB (50m pool): 01:33.68 Genk 01/02/2026		PB (25m pool): 01:30.28 SB: 01:33.68 Genk 01/02/2026	
	50 M	100 M	
PB	00:44.59	01:33.68	
	00:44.59	00:49.09	
	

Coach feedback:

VLC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 10:18
Heat: 2/33 Lane : 4 Athlete: RATSITKA IRINI		Q-time: 00:34:63
PB (50m pool): 00:35.54 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.63 SB: no time		
	50 M	
PB	00:35.54	
	00:35.54	
	

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 10:19
Heat: 3/33 Lane : 4 Athlete: BERGHMANS LAUREN		Q-time: 00:34:28
PB (50m pool): 00:34.95 Genk 01/02/2026 PB (25m pool): 00:34.28 SB: 00:34.95 Genk 01/02/2026		
	50 M	
PB	00:34.95	
	00:34.95	
	

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:8, starttime: 10:24
Heat: 8/33 Lane : 5 Athlete: GABRIËLS AMELIA		Q-time: 00:32:58
PB (50m pool): no time PB (25m pool): 00:32.58 SB: no time		
	50 M	
PB	no time	
	no time	
	

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:10, starttime: 10:26
Heat: 10/33 Lane : 1 Athlete: DREESSEN LYANA		Q-time: 00:32:45
PB (50m pool): 00:32.79 Düsseldorf 14/12/2025 PB (25m pool): 00:32.45 SB: 00:32.79 Düsseldorf 14/12/2025		
	50 M	
PB	00:32.79	
	00:32.79	
	

Coach feedback:

VLC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:24, starttime: 10:40
Heat: 24/33 Lane : 4 Athlete: HABRAKEN AMBER		Q-time: 00:30:29
PB (50m pool): 00:30.29 Antwerpen 13/07/2025		PB (25m pool): 00:30.56 SB: 00:31.12 Genk 01/02/2026
	5 0 M	
PB	00:30.29	
	00:30.29	
	

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:25, starttime: 10:41
Heat: 25/33 Lane : 6 Athlete: TORDEUR LUCIE		Q-time: 00:30:17
PB (50m pool): 00:30.91 Genk 01/02/2026		PB (25m pool): 00:30.17 SB: 00:30.91 Genk 01/02/2026
	5 0 M	
PB	00:30.91	
	00:30.91	
	

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:31, starttime: 10:47
Heat: 31/33 Lane : 5 Athlete: ZANGARI AURORA		Q-time: 00:29:04
PB (50m pool): 00:29.85 SportinGenk Park 01/04/2024		PB (25m pool): 00:29.04 SB: no time
	5 0 M	
PB	00:29.85	
	00:29.85	
	

Coach feedback:

Event number: 21: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 11:00
Heat: 3/27 Lane : 3 Athlete: THOELLEN SIMON		Q-time: 00:40:44
PB (50m pool): 00:46.46 Eindhoven 07/07/2024		PB (25m pool): 00:40.44 SB: no time
	5 0 M	
PB	00:46.46	
	00:46.46	
	

Coach feedback:

VLC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

Event number: 21: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 11:01
Heat: 4/27 Lane : 2 Athlete: CUYPERS MAXIME		Q-time: 00:39:63
PB (50m pool): 00:46.96 Düsseldorf 15/12/2024 PB (25m pool): 00:39.63 SB: no time		
	50 M	
PB	00:46.96	
	00:46.96	
	

Coach feedback:

Event number: 21: 50M BACKSTROKE MEN 13+		Heat:15, starttime: 11:19
Heat: 15/27 Lane : 3 Athlete: TORDEUR ILIAS		Q-time: 00:34:59
PB (50m pool): 00:35.36 Düsseldorf 14/12/2025 PB (25m pool): 00:34.59 SB: 00:35.36 Düsseldorf 14/12/2025		
	50 M	
PB	00:35.36	
	00:35.36	
	

Coach feedback:

Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:2, starttime: 11:44
Heat: 2/23 Lane : 7 Athlete: BERGHMANS LAUREN		Q-time: 01:36:85
PB (50m pool): no time PB (25m pool): 01:36.85 SB: no time		
	50 M	100 M
PB	no time	no time
	no time	

Coach feedback:

Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:3, starttime: 11:46
Heat: 3/23 Lane : 8 Athlete: RATSITKA IRINI		Q-time: 01:35:05
PB (50m pool): 01:39.22 Antwerpen 14/07/2024 PB (25m pool): 01:35.05 SB: 01:43.89 Genk 01/02/2026		
	50 M	100 M
PB	no time	01:39.22
	no time	

Coach feedback:

VLC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:7, starttime: 11:54	
Heat: 7/23 Lane : 1 Athlete: DREESSEN LYANA		Q-time: 01:26:95	
PB (50m pool): 01:31.91 Genk 01/02/2026		PB (25m pool): 01:26.95 SB: 01:31.91 Genk 01/02/2026	
	50 M	100 M	
PB	00:42.32	01:31.91	
	00:42.32	00:49.59	
	

Coach feedback:

Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:12, starttime: 12:04	
Heat: 12/23 Lane : 4 Athlete: GABRIËLS AMELIA		Q-time: 01:21:48	
PB (50m pool): 01:25.20 SportinGenk Park 21/04/2025		PB (25m pool): 01:21.48 SB: no time	
	50 M	100 M	
PB	00:39.05	01:25.20	
	00:39.05	00:46.15	
	

Coach feedback:

Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:14, starttime: 12:08	
Heat: 14/23 Lane : 4 Athlete: HABRAKEN AMBER		Q-time: 01:18:50	
PB (50m pool): no time		PB (25m pool): 01:18.50 SB: no time	
	50 M	100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:23, starttime: 12:24	
Heat: 23/23 Lane : 5 Athlete: ZANGARI AURORA		Q-time: 01:08:04	
PB (50m pool): 01:09.81 Antwerp 09/02/2025		PB (25m pool): 01:08.04 SB: 01:14.72 Genk 01/02/2026	
	50 M	100 M	
PB	00:32.36	01:09.81	
	00:32.36	00:37.45	
	

Coach feedback:

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Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:23, starttime: 12:24	
Heat: 23/23 Lane : 6 Athlete: TORDEUR LUCIE		Q-time: 01:09:75	
PB (50m pool): 01:11.18 SportinGenk Park 01/03/2025		PB (25m pool): 01:09.75 SB: 01:13.37 Genk 01/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:11.18	
	<i>no time</i>		
	

Coach feedback: